



# Promoting Daily

## PUSH PLAY

### THE LANGUAGE WAY

#### WHO'S PHYSICALLY ACTIVE?

- Remind students of their Push Play activities from 2002 and have them write a brief statement on the benefits of regular physical activity. Read it out to the class.
- Remind them of the physical activity guidelines for younger and older people:
  - people under 18 should have 30 minutes of moderate activity on most, if not all, days with an additional 20 minutes more of vigorous exercise on a minimum of three days a week.
  - Adults should have 30 minutes of moderate physical activity on most days of the week to gain health benefits.
- Help students to understand the difference between moderate and vigorous physical activity. In groups brainstorm and list appropriate activities of both types in table form, eg

Moderate	Vigorous
walking to school	running to school
playground games	swimming pool lengths
cycling around the district	mountain biking
mowing the lawns	gym training
skateboarding	fitness circuit
game of softball	game of touch

- Have students refer to the table and have them rate where they fit in terms of both moderate and vigorous physical activity and the time spent during the period of a week.
- Have individual students plan, design and complete their own monthly moderate and vigorous exercise chart. This visual representation will list the physical activities they plan in both categories and include the amount of time spent weekly on each. Display charts on the classroom wall and have students report weekly to the class on their progress.



#### GREAT RADIO COMMENTARIES

- Talk about the differences between watching a sporting event on television and listening to it on radio.
- Develop the idea that with television, the viewer can see the picture themselves while on radio, the commentator must fill in the picture for the listener to be able to see it in their own mind.
- List any sporting events that students have listened to as radio commentaries. Are there any sporting events they would prefer to listen to on radio rather than watch on television.
- Divide into groups and challenge the students to write their own radio commentary of any sporting event. The event could be of international, national or local importance or students can be restricted to commentating on a school event. eg
  - a school sports day
  - a basketball match
  - a running race
  - a cross country run

#### TEACHER NOTES

Physical Activity is a most important key learning area of the Health & Physical Education curriculum. Your students need at least **30 minutes** of physical activity every day. In this 4th of the Push Play series we focus on the English curriculum for multi level motivational activities.

#### ENGLISH CURRICULUM FOCUS

**Visual Language:** Viewing and Presenting

**Oral Language:** Speaking and Listening

#### Essential Skills:

- personal fitness through regular exercise
- developing locomotor skills
- communicating confidently and competently

Levels 2-4+ (Adapt for lower levels)

- Members of the group can take part in the commentary as co-commentators and as expert comments people to add depth to the commentary. Commentaries can be fully or partly scripted. Encourage elements of ad libbing!
- Use the commentaries to add a fun element to your regular physical exercise programme. Groups or the remainder of the class now act out the commentaries exactly as they are delivered by the commentators.



...and that's the winning goal!  
The Sharks have pulled off a remarkable victory.

# Physical Activity



PUSH PLAY

## ENGLISH TO MAORI PUSH PLAY

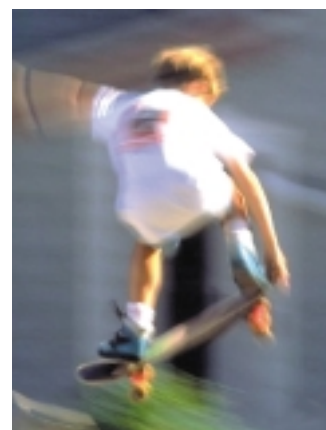
- As a warm up activity for your class physical exercise programme, play the 'React to My Commands' game using Maori commands only. The teacher or rostered student calls out an action and the class immediately responds.
- As a class, brainstorm and make a list of simple physical commands to become part of the game, eg
  - run      - twist      - push      - jump
  - walk      - hop      - sit      - throw
- Have students visit either of the two Maori Dictionary Online sites to translate the commands from English to Maori  
<http://www.learningmedia.co.nz> Click on Ngata Dictionary  
<http://kel.otago.ac.nz/translator>
- Incorporate the Maori language variation of this game on a regular basis. Roster students to run this part of the programme.



PUSH PLAY

## THE POSTER BLITZ

- Have students look around the room. What posters can they see? Do they have any posters in their bedrooms at home?
- Talk about the use of posters in everyday life. Where do we find them? Why are they such a popular way of getting information across?
- Identify characteristics of a 'good poster'. What makes some posters stand out from others?
- Talk about a balance between the visual and a slogan.
- Introduce the challenge - designing Push Play posters ...
  - for encouraging older family members to exercise
  - for encouraging regular daily exercise for all students
  - for shops and local businesses to promote community exercise.



**PUSH PLAY**  
*Bright Idea*

### TAKE A CLASS KIWIWALK

The Hillary Commission, in partnership with local authorities, DOC and regional sports trusts, has created KiwiWalks for fitness and enjoyment. KiwiWalks are a series of walks throughout NZ that are:

- easily accessible for people wearing leisure footwear
- no more than one hour in duration
- suitable for most ages and fitness levels
- maintained and free.

To find out about where to take a KiwiWalks in your district, go to:

<http://www.sport.org.nz/kiwiwalks/>

### CREATE YOUR OWN CLASS KIWIWALKS

A variation on this theme is for groups of students in turn to plan out a weekly local KiwiWalk for the class. They should prepare maps of the route and write short notes of points of interest along the walk such as landmarks, geographic features, historic information and flora/fauna likely to be seen.

## LOOKING FOR CLASSROOM UNITS OF WORK?

**7 GREAT CROSS CURRICULUM UNITS TO SUIT  
ALL LEVELS ON HYPERZINE:  
THE ONLINE SPORTS MAGAZINE FOR STUDENTS!**



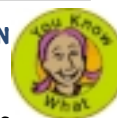
GO TO [www.hillarysport.org.nz](http://www.hillarysport.org.nz)



CHOOSE **HYPERZINE**

- Ready-to-use cross curriculum units
- Designed for all levels - primary, intermediate, secondary
- Use as teaching units, homework and ICT projects
- Teachers can register for email notification of new projects being added to this section of Hyperzine

CLICK ON



DIRECT LINK TO:

**project page!**

<http://www.hillarysport.org.nz/kids/projects/indexp.shtml>